



## **IMPROVING MATERNAL AND CHILD HEALTH THROUGH SPECIALISED CLINICS - HIFAZAT**

In many villages of Haryana, people have to travel a minimum of 6 kms to access a health facility. Public transport facilities are limited and, in many villages, women are not allowed to venture outside the confines of their community, leaving them at the mercy of the quacks and local dais for all maternal health issues.

Hifazat (meaning “to protect” in English) was launched in October 2011, in 15 villages of Mewat, Jhajjar and Gurugram districts covering a population of 45,000 persons, using our own funds. The objective of the project was to improve the maternal health of women aged 15-49 years and children aged 0-6 years. In 2012 the Power Grid Corporation of India Ltd. T became our partner.

The key milestones are:

### **Providing Maternal and Child Health Services through Specialised Health Clinics**

Specialized health clinics are organized in each village on a rotational basis, covering 8 clinics in a month. The health clinics are conducted in the target villages providing primary health check-up, ante natal and post-natal care, counselling on reproductive health and maternal and child health and hygiene. A team comprising 2 lady doctors, a laboratory technician, a counsellor and a pharmacist provide the services. The clinics are also a platform where we impart important information on ante natal care, importance of consuming a nutritious diet during pregnancy and childbirth, the importance of institutional deliveries and breastfeeding, post-partum care and timely immunizations. Counselling were provided and IEC materials were distributed to provide important information.

### **Strengthening Linkages with the Government Health System**

Hifazat is being implemented in close coordination with the government health system. The ASHA and Anganwadi workers provide information to the people about the health clinics and ensure that all requiring assistance, especially the pregnant, lactating women and their children aged 0-6 years come to the clinics. Our project staff also work closely with the ASHA workers in following up on the health status and condition of all those who attend the clinics.